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NEWS WORTH SHARING.

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Employee had been fired just before the attack: Police PAGE 8

## You call that music? Prepare for a cat fight

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## A TALE OF TWO NEWCOMERS

DAY 4 OF METRO'S LOOK AT IMMIGRATION: THE CHALLENGES AND THE REWARDS OF COMING TO CANADA PAGE 4

metro AR USE METRO AR TO WATCH A CLIP FROM THE FEATURE

# Riders keep Taman in green

Saskatchewan Roughriders general manager Brendan Taman, left, addresses the media on Wednesday at Mosaic Stadium, as Riders president and CEO Jim Hopson looks on. The team announced it has signed Taman to a two-year contract extension. MARCO VIGLIOTTI/METRO IN REGINA

**GM staying put through 2017.** One of Saskatoon native's biggest moves was landing Geroy Simon

MARCO VIGLIOTTI
Metro in Regina

The Saskatchewan Roughriders won the Grey Cup last November, but general manager Brendan Taman had to wait until April to receive his final accolade.

On Wednesday, the team announced it has signed Taman to a two-year contract extension through the 2017 CFL season. In addition to his GM duties, Taman will begin serving as vice-president of football operations for the famed franchise.

"It's a really special day for me to do this. I (always wanted) to be here for awhile, and in this business it's not the easiest thing to do," Taman told media at Mosaic Stadium.

The Saskatoon native is entering his fifth season as GM of the Riders and his 27th campaign working in the Canadian Football League.

One of his biggest moves with the Green and White was landing future Canadian Football Hall of Fame receiver Geroy Simon in a blockbuster trade with the British Columbia Lions in January 2013.

With the extension, Taman and head coach Corey Chamblin are locked up by the Riders through the 2017 season, when the team expects to begin playing at the planned $278-million stadium at Regina's Evraz Place.

"Corey Chamblin is a huge part of making me looking good ... He deserves a lot of credit," Taman said of the reigning CFL coach of the year, whose contract was extended several weeks ago.

Jim Hopson, president and CEO of the Roughriders, said having both instrumental figures signed through the 2017 season is crucial, as it goes a long way toward limiting potential transition problems in relocating to the new facility.

"We have a good team, a good organization. We need continuity," Hopson said.

"With Brendan and Corey under the contract through 2017, I feel very good looking to the future — particularly as we're trying to get a new stadium built."

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NEWS 1

# Saskatoon transit union votes in favour of strike

**Mandate.** Upcoming meetings between city, ATU will determine if there is a walkout

A union representing 415 public-transit employees in Saskatoon has voted in favour of a strike mandate.

On Tuesday, the union held two special meetings to inform its membership about how a proposal to calculate transit operators' salary with a Western Canadian averaging formula was rejected by the city.

As a result, members, who have been without a contract since the end of 2012, voted 97 per cent in favour of a strike mandate, according to a tweet sent out by the union's Twitter account on Tuesday night.

Amalgamated Transit Union 615 president Jim Yakubowski said the vote reflects the unified call among union members for higher wages, as top operators in Saskatoon make roughly $5 less per hour than operators in other Western Canadian cities.

"Our members are tired of being the lowest paid in Western Canada," he said.

"We believe that the value of our services are not being compensated in comparison to other Western Canadian cities.... We're not looking to be at the top of the pile, we are just looking to be somewhere in the middle."

But whether the union strikes will be dependent on another round of negotiations with the city scheduled for later this month.

"We're anxiously awaiting to get back to the bargaining table at our next round of scheduled talks," Yakubowski said.

"Our intent is to come to a fair and equable collective agreement and that's been our intent all along."

MORGAN MODJESKI/METRO

A Saskatoon Public Transit bus can be seen at the city's downtown bus mall near the intersection of 23rd Street East and 3rd Avenue North. On Tuesday, members of the union representing the city's transit operators voted in favour of a strike mandate. MORGAN MODJESKI/METRO

Reaction

## *'I think both parties are optimistic'*

Marno McInnes, Saskatoon's director of human resources, told reporters that the city met with union representatives on Wednesday and both parties want to move forward with negotiations.

"I think both parties are optimistic," he said. "We're actively talking, we both want to talk and that's a good sign."

When asked why the city rejected the union proposal regarding a Western Canadian averaging formula to determine wages, he said it was because the city didn't want to put wage decisions into "the hands of other jurisdictions."

McInnes explained that overall, negotiations with the civic union and associations have been going "exceptionally well," with five of the city's nine unions already having accepted proposed agreements.

While the city and the ATU 615 were scheduled to meet at the negotiation table later in the month, McInnes said the two groups could be meeting as early as next week.

MORGAN MODJESKI/METRO

# NDP calls for auditor review of ministers' travel costs

The Opposition NDP is calling for the provincial auditor to investigate travel costs by Saskatchewan cabinet ministers and the cabinet secretary.

"Let's have an independent voice, a completely non-partisan voice look at what has happened, look at the current expense scandal that we have on our hands and give some clear recommendations," NDP Leader Cam Broten said on Wednesday.

However, Central Services Minister Nancy Heppner says the government has changed the policy to make travel costs public going forward.

Premier Brad Wall said on Monday that reports for out-of-province travel will be posted semi-annually starting with this fiscal year, so the expenses for the period from April to September will be posted in October.

"I do believe that the process that the premier talked about earlier this week on disclosure of travel is an appropriate response to the situation that we saw," said Heppner.

Expenses have been under scrutiny since it came to light that Social Services Minister June Draude used a car service in London that cost $3,600 over four days and spent $200 on lunch with a friend.

It's also been revealed Finance Minister Ken Krawetz spent $3,300 on the same car service in London last June.

All of those expenses were filed by cabinet secretary Rick Mantey, who booked the car and accompanied Draude and Krawetz on their trips.

THE CANADIAN PRESS

Jim Miller

## U of S prof honoured with prestigious Killam award

A professor at the University of Saskatchewan has been honoured with one of the highest awards in Canadian academia.

Jim Miller, a professor of history at the U of S college of arts and science, is one of five Canadian scholars to receive the prestigious Killam Prize.

Jim Miller
THE CANADIAN PRESS

Recognized for his work on the relationship between newcomers and indigenous populations in Canada, with a specific focus on Canada's residential school system, Miller is the second person from Saskatchewan to ever receive the prize.

Issued by the Canada Council for the Arts, Miller will receive $100,000 alongside the award and he plans to use the funds to continue his research after he retires from the U of S in June.

METRO

Farming

## Livestock insurance bring rolled out

Cattle and hog producers in the western provinces can now apply for help to deal with unexpected price drops, such as those that were seen during the BSE crisis.

Applications are being accepted for the Western Livestock Price Insurance Program first announced in January.

The program, which has been operating in Alberta since 2009, lets producers in British Columbia, Saskatchewan and Manitoba ensure a price for their animals by buying insurance.

Producers will have options for how they want to insure their calves, feeders or fed cattle and for the length of time they want the animals covered. THE CANADIAN PRESS

# SaskTel reports $90M profit in face of increasing price competition

**Business.** Prices lower for consumers where there is a strong fourth carrier: SaskTel CEO

MARCO VIGLIOTTI
Metro in Regina

SaskTel has reported $90.1 million in net income for last year, while weathering growing price competition from major national telecommunications providers.

SaskTel CEO Ron Styles said competing national providers have raised their wireless rates — to deal with regulatory changes prohibiting three-year contracts — in every Canadian jurisdiction except for provinces with strong fourth carriers, such as Saskatchewan, Quebec and Manitoba.

While this might be fruitful for Saskatchewan consumers, he warned that flattening prices from its rivals would hammer SaskTel's bottom line.

Styles said he would raise his concerns at a meeting in Ottawa with officials from Industry Canada and the Canadian Radio-Television and Telecommunications Commission.

**By the numbers**

## $1.2B

In its annual financial report released on Wednesday, the Crown corporation recorded more than $1.2 billion in operating revenue in 2013 — up $22.7 million from 2012 — against nearly $1.1 billion in expenses.

Don McMorris, minister responsible for SaskTel, left, addresses the media about the Crown corporation's annual financial statement. MARCO VIGLIOTTI/METRO IN REGINA

# 'This is a province of winners now': Ex-minister

John Manley, CEO of the Canadian Council of Chief Executives, speaks at the Johnson-Shoyama Graduate School of Public Policy's Tansley Lecture at a Regina hotel. ROSS ROMANIUK/METRO

When John Manley served as a cabinet minister in then-prime minister Jean Chretien's Liberal government in the early 1990s, Saskatchewan was a far cry from the export-driven power it is today.

In fact, the provincial government at the time was struggling to avoid deepening its economic hole, the former finance minister told Metro on Wednesday.

"When I first went into government, we were contemplating the potential bankruptcy of the government of Saskatchewan," said Manley, who also served as federal industry and foreign affairs minister before leaving politics in 2004.

"This is a province of winners now."

Manley, president and CEO of the Canadian Council of Chief Executives, visited Regina to give the keynote address at the Johnson-Shoyama Graduate School of Public Policy's Tansley Lecture.

His address stressed the importance of increasing collaboration between governments and the private sector to face 21st century problems.

"Given the challenges (and) some of the complex issues Canada faces in the world today, we need more collaboration between government and business to understand objectives, to find solutions and to work on them together," Manley explained. MARCO VIGLIOTTI/METRO IN REGINA

**Collaboration**

**Manley believes business and government need to start working closer together.**

- One of the areas in which governments and business could collaborate, he said, is in bolstering ties with growing Asian powers.

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# Good times, hard times

Coming to Canada is a challenge for anybody. Sometimes it goes well, and sometimes it doesn't. We talk to two people at different ends of the scale.

See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

Priscilla Bunke, originally from Nigeria, lived in Germany for 11 years before moving to Canada. She's now a successful specialist in securities and derivatives regulatory law, as well as the energy and oil industries. CONTRIBUTED

Jamie Martinez moved to Canada from Colombia in January 2008. He spent years working as a labourer in Canada and has been forced to tap into the welfare system. MIKE DONACHIE/METRO

The Story of Us
Immigration to Canada

MIKE DONACHIE
Metro in London, Ont.

Priscilla Bunke has come a long way, in more ways than one.

Her route to Canada was via Germany, where she spent 11 years. She then worked through a process of re-qualifying as a lawyer in Alberta, completing that in May 2012.

It's been 18 years since Bunke left her native Nigeria, and she's now a successful specialist in securities and derivatives regulatory law, as well as the energy and oil industries, with Dentons law firm in Calgary.

If that sounds impressive, it's because it is.

"It wasn't easy," she said. "But many people come here and succeed."

She's done a lot of work in the last 11 years, including 12 exams just to re-qualify in Canada.

"I wouldn't lie," said Bunke, 45, who has a 14-year-old son and an 11-year-old daughter. "Life is very good now. I'm very happy now. But it was tough."

She said working in Germany — where she completed a master's degree and worked as a corporate counsel for an insurance company — was tougher, mainly due to the language barrier.

In Canada, Bunke was able to find work quickly, spending three years as a legal researcher while she re-qualified.

But adjusting to Canada after she arrived in July 2007 brought its own challenges.

There's a greater emphasis on networking, she explained, and the lessons come thick and fast.

"What I've realized here is that if you are open to learning, then people are really, really kind and ready to help," Bunke said, adding that she values the Canadian mentors who offered their time.

"I've been very fortunate and blessed to meet people who have been amazing."

It's been a tough few years for Jamie Martinez.

Now 54, he came to Canada from Colombia in January 2008.

"My original background is mechanical engineering," Martinez said. "But I worked for Goodyear in Colombia for 17 years in human resources. I wanted to do something the same when I came to Canada, but I couldn't."

First, there was a language barrier.

Two ESL courses helped with that, but even applying for jobs was a problem, so there followed lessons in creating a resumé and looking for work.

Martinez spent years being offered only labourer jobs, and he's also been forced to tap into the welfare system. But he stayed determined to work in administration, in a similar job to the one he had in Colombia.

It took three years before he landed an office job, and he says his experience isn't rare — even the large numbers of university-educated immigrants face a steep climb, he said.

Martinez, who is in the country on a work visa and still trying, after six years, to get permanent resident status, says he's committed to Canada.

Nowadays, he works as executive director of the Latino Canadian Community Corporation in London, Ont., and is a leading light in the London Multicultural Club.

"Canada is amazing," he said.

"We love Canada. It's so family-oriented."

But he called on employers to be more open to newcomers, whose status is easily signalled with a SIN card number that starts with "9."

"We don't get real help to get a job," he said about immigrants.

"We need more help to overcome all the problems we have."

MIKE DONACHIE/METRO IN LONDON, ONT.

Follow Mike Donachie on Twitter @Mike_Donachie

**Quoted**

**"We need more help to overcome all the problems we have."**

Jamie Martinez

## A truly Canadian quiz

The Canadian citizenship test was altered in 2010 to make it a little more difficult.

Since then, applicants have been required to answer 15 of 20 questions correctly, whereas previously they passed with 12 out of 20 correct responses — as long as they gave the right answer to certain mandatory questions.

The problem was those mandatory questions were always the same, making the test easy to beat by paying for the answers beforehand. (And, it's been proven that really was happening).

About 96 per cent of those taking the test before 2010 passed. The new formula has lowered the pass rate to 80 per cent or so.

Citizenship and Immigration Canada (CIC) sends all applicants a study guide as soon as the paperwork is received.

"The best way to succeed at the citizenship test is to study Discover Canada," said a CIC official. "We encourage people to begin studying as soon as they apply for citizenship and receive their study guide."

As well, an online language test must be taken and passed before anything else happens.

SCOTT TAYLOR/METRO IN LONDON, ONT.

**On the web**

Can you pass? Give our practice citizenship test a try at metronews.ca

## Getting their start elsewhere

Plenty of immigrants come to Canada and wind up being household names. You may be surprised at how many well-known Canucks didn't actually get a start in the True North strong and free. Here's a look:

Steve Nash
GETTY IMAGES

Steve Nash is considered the best NBA player ever to spend most of his life in Canada. Currently a member of the Los Angeles Lakers, he was named the NBA's most valuable player in both 2006 and 2007. He grew up in Victoria, B.C. He was born in Johannesburg, South Africa.

Ernie Coombs
GETTY IMAGES

Ernie Coombs was a children's entertainer who starred in the Canadian television series, Mr. Dressup. He became a Canadian citizen in 1994. He and his family lived in Pickering, Ont. He was born in Lewiston, Maine.

Brendan Fraser
GETTY IMAGES

Brendan Fraser, son of Canadian parents, is a movie and stage actor who portrayed Rick O'Connell in the three-part Mummy series. He is also known for other comedic and fantasy-film leading roles in major Hollywood movies. He was born in Indianapolis, Ind.

METRO

## THE STORY OF US: IMMIGRATION IN CANADA, TOLD IN FIVE PARTS

**Day 1** 1
Change and effect

**Day 2** 2
What Canada wants vs. what it gets

**Day 3** 3
Where we come from, where we go

**Day 4** 4
Happy times, hard times

**Day 5** 5
The future and beyond

**Online**
Live the stories of three immigrants in our five-part video series at metronews.ca

# Scans show details of mummy's body

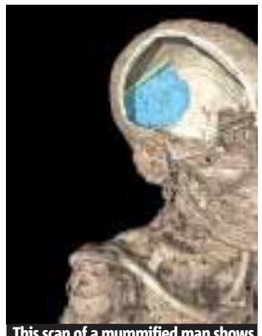
**British Museum.**
Scientists 'thrilled' to discover embalming tools in mummy's skull

Our fascination with mummies never gets old. The British Museum is using the latest technology to unwrap their ancient mysteries.

Scientists at the museum have used CT scans and sophisticated imaging software to go beneath the bandages, revealing skin, bones, preserved internal organs — and in one case a brain-scooping rod left inside a skull by embalmers.

The findings go on display next month in an exhibition that sets eight of the museum's mummies with detailed images of their insides and 3D printed replicas of some items buried with them.

Director Neil MacGregor said 6.8 million people visited the London institution last year, "and every one asked one of my colleagues, 'Where are the mummies?'"



This scan of a mummified man shows the remains of the brain and a tool.
THE BRITISH MUSEUM/THE AMERICAN PRESS

The museum has been X-raying its mummies since the 1960s, but modern CT scanners give a vastly sharper image.

Just like live patients, the mummies chosen for the exhibition were scanned at London hospitals — though they were wheeled in after hours. The museum's scientists were thrilled to discover a spatula-like probe still inside one man's skull, along with a blob of brain.

"The tool at the back of the skull was quite a revelation, because embalmers' tools are something that we don't know much about," said John Taylor, museum mummy expert.

Another mummy, a woman who lived in Sudan around 700 A.D., was a Christian with a tattoo of the Archangel Michael's name on her inner thigh.

The star of the show is Tamut, a temple singer from a family of high-ranking priests. She died around 900 B.C.

Her brightly decorated casket has never been opened, but the scans have revealed her well-preserved body, her face and short-cropped hair.

"Come back in another five years and you will hear Tamut sing," MacGregor said.
THE ASSOCIATED PRESS

## Plunket's princely play date

Britain's Kate, the Duchess of Cambridge, holds Prince George, left, during a visit to Plunket nurse and parents group on Wednesday at Government House in Wellington, New Zealand. Plunket is a not-for-profit organization providing care for children and families. MARTY MELVILLE/THE ASSOCIATED PRESS

**Airport scare**

### Man found with loaded handgun

A Virginia man was arrested at Baltimore-Washington International Thurgood Marshall Airport after a loaded handgun was found in his bag at a security checkpoint.

Maryland Transportation Authority Police say 36-year-old Ryan Watson of Stafford, Va., was charged.
THE ASSOCIATED PRESS

**Infertility**

### Italian court lifts ban on donations

Italy's constitutional court has struck down a ban on egg or sperm donation for infertile couples.

Health Minister Beatrice Lorenzin, saying the law had effectively been "gutted," called on Parliament to revise legislation.

The conservative law reflects the influence on lawmakers by the Vatican, whose teaching forbids artificial procreation.
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# Need more troops in Central African Republic: Envoy

**Chad withdrawing.** U.S. ambassador said there's a need for more troops; UN votes Thursday on expanding its role

The U.S. ambassador to the United Nations on Wednesday urged more support for existing African and French troops in Central African Republic on the eve of a UN vote to create a peacekeeping mission.

Ambassador Samantha Power, making her second visit to the country since unprecedented sectarian violence erupted in December, said the African peacekeeping mission is now working to fill the gap left by neighbouring Chad.

Last week the Chadian government began withdrawing its 850 troops following allegations some had indiscriminately killed dozens of unarmed civilians.

Power, who met Wednesday with top officials from the African peacekeeping, said that Cameroonian and French forces were being moved into the areas previously guarded by the Chadians.

"There's no question that we need to redouble our efforts — we're making them every day anyway," she told reporters. "But this adds even more urgency to the task of getting more troops and more police deployed rapidly in order to fill those gaps which really do exist."

The UN Security Council is due to vote Thursday on expanding the nearly 5,000-strong African mission in Central African Republic into a peacekeeping operation for the country of 4.6 million.

THE ASSOCIATED PRESS

**Muslims waiting**

**"What I think the UN is trying to do is to make sure we go on a case-by-case basis."**

U.S. Ambassador Samantha Power

At least 19,000 Muslims are still trapped and unable to flee. Power said part of the challenge is finding out whether individuals want to leave or try staying.

## Putin turns up the heat on Ukraine

Masked pro-Russian activists guard barricades at the regional administration building in Donetsk, Ukraine, Wednesday. Russian President Vladimir Putin turned up the heat on Ukraine by threatening to demand advance payment for gas supplies, a move designed to exert economic pressure as the country confronts possible bankruptcy, a mutiny by pro-Russian separatists in the east, and a Russian military buildup across the border.

EFREM LUKATSKY/THE ASSOCIATED PRESS

# Graphic photo causes stir at Pistorius trial

Oscar Pistorius leaves the high court in Pretoria, South Africa, Wednesday.
THEMBA HADEBE/THE ASSOCIATED PRESS

**Prosecutor takes aggressive line.**
Accused Olympian refuses to look at image of slain girlfriend's bloodied head

Oscar Pistorius refused to look at a photo of his dead girlfriend's bloody head wounds while testifying at his murder trial Wednesday as the prosecutor urged the star athlete to "take responsibility" for killing her.

"It's time that you look at it," chief prosecutor Gerrie Nel said, setting the stage for a rigorous first day of cross-examination of Pistorius, the double-amputee Olympian charged with premeditated murder for shooting Reeva Steenkamp three times through a toilet door at his home.

"I remember," Pistorius said of Steenkamp's bloodied head, becoming distraught and then crying as he turned away from the gruesome image of the injuries he inflicted that were displayed next to him in a packed courtroom in South Africa's capital.

The showing of the photograph on TV screens in the courtroom caused gasps among spectators, who included Steenkamp's mother, June.

"I will not look at a picture where I'm tormented by what I saw and felt that night," Pistorius said. "As I picked Reeva up, my fingers touched her head. I remember. I don't have to look at a picture, I was there."

Pistorius, 27, says he shot Steenkamp in the pre-dawn hours on Valentine's Day — in the head, arm and hip — by mistake, thinking she was a dangerous intruder behind the door in his bathroom about to come out and attack him. Prosecutors charge he killed the 29-year-old intentionally.

THE ASSOCIATED PRESS

# 'Cuban Twitter.' Havana probes leak of half-million cellphone numbers

Cuba's government said Wednesday it has launched a probe into how hundreds of thousands of customer cellphone numbers fell into the hands of a U.S. government program that used them to secretly set up a mobile-based, Twitter-like social network on the island.

An Associated Press investigation revealed last week that the U.S. Agency for International Development (USAID) program used the data to build a subscriber base for the platform, dubbed ZunZuneo, with the idea that it could be used to stir unrest.

Cuba considers such USAID programs to be subversive attempts to topple its Communist-run government. Officials told reporters that state telecom Etecsa had not provided the data to any international operator or entity, and that the information was obtained illegally.

Washington officials have defended the ZunZuneo program as consistent with U.S. law and described it as "discreet," rather than covert or classified. THE ASSOCIATED PRESS

**Pakistan**

## Attempted murder case against baby prompts outcry

A nine-month-old Pakistani boy has been swept up in an attempted murder investigation that highlights the country's dysfunctional criminal justice system where even children are not immune from questionable legal decisions.

The toddler was brought to court last Friday as part of an investigation relating to an incident where residents in his neighbourhood clashed with police. He was granted bail by a judge.

The Jan. 31 altercation sparked police to open an attempted murder investigation into 30 people, including the father of the toddler and his unnamed son, said police officer Atif Zulfiqar, who is in charge of the area. THE ASSOCIATED PRESS

**Wounded by trains**

## Honduran migrants ask Mexico to allow free passage

About a dozen Honduran migrants who lost legs and arms after falling from trains during northbound journeys across Mexico asked the country's Senate on Tuesday to stop the government's persecution of Central Americans, protect them from criminal gangs and contribute money to shelters for their care.

The migrants say that drug gang members and other criminals frequently beat, stab or push them from moving trains during their journeys through Mexico to the United States.

The migrants expressed hope that Mexico would agree to allow them transit visas or free passage without documents to cross the country on their way to the U.S. border.

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# Man arrested after stabbing rampage at Toronto office

**Attempted murder charges.** Police say suspect had just been fired when he attacked, leaving four injured

Toronto police stand outside an office building in the city's north end following a multiple stabbing. Police say a suspect is in custody following the stabbing, which left at least four people injured. NATHAN DENETTE/THE CANADIAN PRESS

An employee of a human resources company stabbed his superiors while being fired at a Toronto office building, police said Wednesday.

Police said four people were injured, including one woman who has life-threatening injuries.

Chuang Li, 47, faces three counts of attempted murder and four counts of aggravated assault with a knife.

Dan Darnbrough, a Toronto police detective, said employees held the man before police arrived. A 32-year-old woman and three men between the ages of 35 and 45 were injured, he said. Three remain hospitalized.

Ceridian, a global payroll and human resources company based in Bloomington, Minnesota, said four of its employees were attacked by a "former employee." Asked if the man attacked after being fired, Ceridian released a statement that said "due to employee confidentiality guidelines, we are unable to share any additional information."

**Quoted**

**"He was being fired and I guess then he proceeded to get involved in stabbing some of his bosses and some other employees."**

Toronto police Det. Daniel Darnbrough

Police earlier said they were called at about 9:30 a.m. local time with reports that "a man with scissors" had entered the business and began stabbing people.

Television footage showed police putting a handcuffed man, wearing a bloodied shirt, into a police car. The man turned his head while in the backseat and said hello to a TV camera pointed at him.

The man is due in court on Thursday. THE CANADIAN PRESS

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# Wi-Fi? Why not! Vancouverites may soon enjoy free wireless web

**B.C.** City's park board to prioritize Internet access in spaces with high residential density, tourist appeal

EMILY JACKSON
Metro in Vancouver

Think these beachgoers at a packed Vancouver beach in 2013 would have been interested in free Wi-Fi? Vancouver's park board will vote on a motion next week to determine potential locations for free public Wi-Fi. EMILY JACKSON/METRO

Wouldn't it be nice to use free Wi-Fi instead of pricey cellular data plans when posting pics on Instagram of the sun setting over the beach?

Vancouver's park board figures residents and tourists would appreciate the option, and it will vote on a motion next week asking staff to determine potential locations for free public Wi-Fi, the cost of such a program and a timeline for implementing the service, Commissioner Trevor Loke announced Wednesday.

The city has been mulling free public Wi-Fi since at least 2005 — it's already in place at city hall and at the public library — and council passed a digital strategy last year promising to make Internet access a reality by 2016.

But Loke wants to get the ball rolling on the plan to ensure the park board has a say in what places get Wi-Fi — suggestions so far have focused on busy downtown shopping strips.

"We want to make sure that park spaces are a priority within the digital strategy," Loke said.

The park board will prioritize Internet access in spaces with high residential density and appeal for tourists.

It's not clear how much Wi-Fi infrastructure will cost, but the city is considering partnerships with local providers. The entire digital strategy was budgeted at $30 million between 2013 and 2017.

Quebec City, Denver, Co., and Auckland, New Zealand, already provide free public Wi-Fi.

# High steaks. Calgary police beefing up efforts to corral meat thieves

Police say a man accused in a dangerous high-speed drive through Calgary, speeding the wrong way down one-way streets before crashing into a fence, may be involved in a meat-theft ring.

Police investigators say supermarket meat is a prime target for thieves, and a sophisticated crime ring is being fuelled by rising food costs.

It's enough of a problem that police have a dedicated unit working to stop the trend.

Const. Lara Sampson says the stolen food is often exchanged for as little as 30 cents on the dollar, or for drugs, and some ends up in restaurants.

"We have them being sold out of the back of vehicles, we have them kept in dirty old garages," Sampson said. "It is very common in Calgary right now."

Gary Neil Firth, 49, faces numerous charges. **THE CANADIAN PRESS/GLOBAL CALGARY**

**New York**

## Paralyzed worker sues rail company for $100 million

A railroad mechanic paralyzed in a deadly New York derailment says he forgives the man driving the train.

Samuel Rivera praised Metro-North Railroad on Wednesday as he announced a $100-million lawsuit against it.

Rivera spoke from a rehabilitation centre north of New York City. He has no movement of his legs and very little in his arms.

Four people were killed and more than 70 injured in the Dec. 1 derailment in the Bronx. Rivera is calling for legislation mandating seat belts on public transportation. **THE ASSOCIATED PRESS**

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Under the provisions of *The Alcohol and Gaming Regulations Act, 1997,* Notice is hereby given that Mi Hong Restaurant Ltd. has applied to the Liquor and Gaming Authority for a Restaurant Permit to sell alcohol in premises known as Mi Hong Restaurant at 5 811 51st Street East, Saskatoon, SK of which the following is a correct legal description:

*Lot 3 Except West 60'*
*Block 469*
*Plan No. 61 S 20645*
*5 811 51st Street East*
*Saskatoon, SK*

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

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# A perfect storm. Bumper grain crop, 'wicked winter' led to backup: CN Railway

The president of Canadian National Railway is criticizing the federal government for over-regulating railways based on an unusually cold winter and a bumper grain crop.

Claude Mongeau told the Winnipeg Chamber of Commerce that, under the circumstances, it was unrealistic to expect anyone to move the record harvest in just a few months. Rail companies alone can't bear sole responsibility for the transportation bottleneck that has left farmers' bins overflowing, he said.

CN moved a record number of cars before the "wicked winter that put us on our knees," Mongeau said Wednesday.

"I'm sorry that winter was so hard. I'm sorry that we failed our customers — all of them, not just grain — not being able to meet all of their demands, all of the time," he said. "But I don't control the weather."

Western Canadian farmers harvested a record 76 million tonnes of grain last year — 50 per cent higher than average — but much of it hasn't moved.

Rail companies have said the frigid weather forced them to use shorter cars to ensure brakes could be used safely, but that cut down on their capacity. THE CANADIAN PRESS

**Market Minute**

**DOLLAR** 91.98¢ (+0.42¢)

**TSX** 14,435.58 (+63.13)

**OIL** $103.60 US (+$1.04)

**GOLD** $1,305.90 US (-$3.20)

**Natural gas:** $4.56 US (+$0.03)
**Dow Jones:** 16,437.18 (+181.04)

# Software. 'Heartbleed' bug causes heartburn for Canada Revenue Agency

With tax-return season in full swing, the Canada Revenue Agency suddenly locked down its online filing services on Wednesday, fearful of a new vulnerability in software used by much of the world to safeguard secure websites on the Internet.

All of the federal government's online systems were under review after word of the so-called "Heartbleed" computer bug prompted the tax agency to pull the plug on its electronic services as a precaution.

"As a preventative measure, the CRA has temporarily shut down public access to our online services to safeguard the integrity of the information we hold," a CRA statement said.

The shutdown came after the Canadian Cyber Incident Response Centre issued a warning to system administrators about the coding flaw. THE CANADIAN PRESS

The Canada Revenue Agency headquarters in Ottawa is shown on Friday. The 'Heartbleed' bug forced the tax agency on Wednesday to suspend its online filing services. SEAN KILPATRICK/THE CANADIAN PRESS

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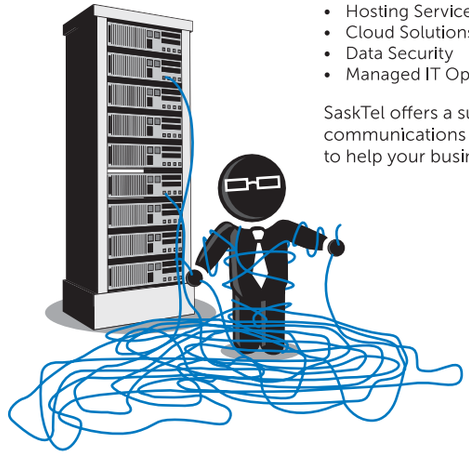
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# GIVE UP YOUR SUMMER JOB SEARCH

HE SAYS

**John Mazerolle**
metronews.ca

Now that summer break has arrived for you university and college students, it's time to decide what your dream job is, because you'll be thinking about it a lot while you rot in some summer-job cesspool.

That's probably hard to hear after eight difficult months of alcoholism and plagiarism, but it's the truth, as cold and hard as the nickels you'll be stealing from the tip jar.

One of the only guaranteed jobs out there this time of year is writing tips for people looking for summer jobs (ka-ching!), and in my experience most articles like this one are far too optimistic, even naive.

They're all about networking and gumption and stick-to-it-iveness (formerly known as perseverance). Just put yourself out there and good things will happen, the advice goes. Lies, I say.

It harkens back to my parents' youth in New Brunswick, where job seekers simply grabbed the "Help Wanted" sign in the window and handed it to the boss, who was so impressed by an N.B.er with basic literacy skills and opposable thumbs that the new hires were well on their way to becoming Senior Vice-President of "Help Wanted" Sign Distribution. Or so I've been told.

But when I was playing this game 15 years ago, it was pretty painful. Mostly it involved looking at recipe cards tacked to a corkboard at a youth employment centre and praying that "pay negotiable" meant either six figures or seven figures.

I'm ignorant of today's job market — no doubt it involves e-recipe cards robo-tacked to a World Wide Corkboard — but since the media has dubbed today's youth demographic "generation screwed" I'm going to assume things aren't super.

From what I've heard, the modern job seeker requires three call-back interviews, including one in front of a board of directors, just to apprentice for the guy who fetches the coffee, and even then it's an unpaid internship until you're 34.

It's pretty much hopeless. But I'm legally obligated to provide a few tips, so:

- It's not what you do, it's who you do.
- Crack the so-called hidden job market by surfing to the Canada Job Bank and typing up up down down left right left right B A.
- BuzzFeed's Which Career Should You REALLY Have? is pretty much can't-miss.

But the biggest advice I would give anyone looking for a summer job is: Avoid it if you can.

I'm not even kidding. If you can avoid it at all — either because you're spoiled or you're cheap — then do it. Working in between school years makes the whole summer seem like life's longest Sunday: melancholy and muted even when it's nice out.

I know that supposedly makes me irresponsible then and now, but, trust me, you will not look back and say, "I wish I'd joined the workforce sooner."

Instead, inform your friends that you're looking to travel or party or vegetate and that they should join you. "Help wanted," in other words.

## ZOOM

# It's rather en-lightning

COURTESY CRAIG ECCLES/SOLENT NEWS & PHOTO

### Electrical storms get oohs and ahhs

A thrill-seeking storm chaser captured the precise moment these giant lightning bolts lit up dark skies in a series of incredible storms.

Craig Eccles, a photographer from Perth, Western Australia, travels up to 500 kilometres in anticipation of a powerful storm – all for the sake of capturing that ferocious majesty on camera.

METRO

**Photog's viewpoint**

**"I have seen lightning bolts stretch for miles across the sky. For me, it's not all about the lightning bolt — sometimes it's about being in pitch black and in a split second, it appears as day."**

Craig Eccles, photographer from Perth, Western Australia

**How and when?**

- Electrical potential builds up inside clouds, between water droplets with either a positive and negative charge. This potential is discharged in the form of lightning
- The frequency of flashes worldwide is about 50 times per second (that's 4.3 million times a day).

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**MetroTube**

# One cat not a fan

ANDREW FIFIELD
metronews.ca

**Much of the feisty behaviour we find so amusing about cats can be attributed to their displeasure for treading on their turf or ignoring their critically important needs.**

**"You think you can ignore my hunger at 5 a.m.? My raking at this blanket begs to differ."**

**This cat goes from fuzzy guitar groupie to feisty heckler based on a similar complaint. "Listen, Duane Allman. I'm in charge of licks around here."**

**Luckily, lame puns and their accompanying groans are for humans only. Or I'd be in a lot of trouble with my cat today.**

FLICKR

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# Major talent to host SCMA Awards

**Charlie Major.**
When the singer burst onto the country scene 20 years ago, he was considered different. Now, he's the norm

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

A Quebec-born singer who lives in Ottawa may seem an unlikely choice to host Saskatchewan country music's biggest party. But few performers carry as much weight with both fans and musicians as Charlie Major.

The singer says he's honoured to have been invited to host the Saskatchewan Country Music Association Awards Sunday night in Nipawin, but isn't nervous about the opportunity.

"I've been doing this for so long, I wouldn't say its second nature, but it's not brain surgery. Nobody's going to die on the table if you screw up, so I just relax and have fun," Major said in a telephone interview.

That approach has served Major well during his two decades in the music industry. He remains essentially as popular as ever, continuing to draw crowds as he tours the continent.

"I feel pretty fortunate, I've worked hard all my life and in a business where so many people come and go, it's pretty nice to still be around after 20 years."

Major burst onto the country music scene in 1994 with the wildly successful album The Other Side, which spawned six singles — all of which went to number one on the RPM Country chart.

Charlie Major hosts the SCMA Awards in Nipawin Sunday night. CONTRIBUTED

While the country music industry has undergone some significant changes since those early days, Major doesn't bemoan the evolving nature of the business.

"When I came along, I was considered different. And then that became the norm. I mean everything's always changing. I listen to the music today and I think it's great, I think it's neat what they're doing."

Major recently celebrated his longevity with the release of The Best 20 of the Last 20, a collection of his greatest hits, plus a pair of new songs. He says picking the ones that made the final cut was a huge challenge.

"I tried to give as good a mix as possible. The hit songs are there, but at the same time I wanted to include a few of my favourites that might not have been chart-topping songs, but they mean something special to me."

And although he's taking time to mark the milestone, Major isn't resting on his laurels. He's in the midst of recording a new album, and at 59 has no plans to stop touring anytime soon.

"I'm just going to keep on keeping on. Twenty years in the business is an accomplishment I guess, but I'm really looking forward to the next 20."

**Details**

**The 2014 SCMA Awards in Nipawin kick off Friday, April 11 with the New Artist Showcase at 8 p.m. and continue through the weekend with a number of shows and industry seminars.**

- The event culminates with the annual awards show, hosted by Charlie Major Sunday night at 7 p.m.
- For information and tickets visit scma.sk.ca/awards.

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Gwynnie might need practice at conscious uncoupling*

MELINDA TAUB
Metro World News in New York

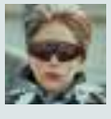
Moses Martin, the son of Gwyneth Paltrow and Chris Martin, turned eight on Tuesday, and Gwyneth posted this sweet pic on Twitter for his birthday. Yeah, happy birthday, Moses — now run and play, because we need to talk to your mom about something.

Check out her hand in the photo. Despite her much publicized "conscious uncoupling" from Chris Martin, it appears that Gwyneth is still wearing her wedding ring. That's assuming this is a current photo, of course, which seems likely — Moses' "Aw, Mom" expression certainly looks like an eight-year-old boy to me.

So what do you think is the deal with the ring? I'd say maybe she's not ready to remove it, but I don't think Gwyneth Paltrow has ever shown that kind of emotional weakness in her life. And I say that with tremendous and earnest respect. She's an oil-pulling, hydrangea-stroking pillar of steel. No, the ring must be a deliberate step in her conscious uncoupling. Unless her conscious uncoupling has gone so well that she's already remarried to someone else.

**Twitter**

**@TheRock**
Alright.. 3 hrs sleep, but kickin' jet lag's ass. Its time to work.. Good morning from lovely London.



**@ladygaga**
just basically ate all the birthday cake I was supposed to eat last week but had shows so I dieted it was so good. it was yummy yums

**@WhitneyCummings**
People: please make your emails funnier in general

# Wish granted: Tina & Amy to star in sister comedy

How is it that we can put a man on the moon, but Amy Poehler and Tina Fey have only starred in one film together? And that film was Baby Mama? (Mean Girls doesn't count. They had supporting roles in that.) Luckily, things are about to change. According to the Hollywood Reporter, the stars of 30 Rock and Parks and Recreation will co-star in The Nest, a dark period thriller.

Just kidding, it's a comedy, obviously. The Nest is about adult sisters who find out their parents are selling their childhood home, so they decide to throw one last big party there. In the process, they learn to mature. The Nest will be directed by Jay Roach, who also directed Pitch Perfect. It's written by Paula Pell, a former Saturday Night Live writer who also played Pete's wife on 30 Rock.

Tina Fey and Amy Poehler. ALL PHOTOS: GETTY IMAGES

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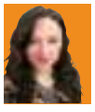
Closet alert: Get clutter under control. East Coast celeb decor expert Jordan Hipson shows us how!



LIFE 3

# Spring clean your style

**Won't you let them live?!** In the spirit of reducing, reusing and recycling, we look at three ways to deal with your done-for duds this spring without tossing them in the trash



ELIZABETH BEDDALL
elizabeth.beddall
@metronews.ca

Whether you've stuck to your New Year's resolutions or not, the sun is coming out and revealing that you are a different person than you were back when the halls were being decked.

Spring is almost here and it's time to reassess that wardrobe. But what do you do with those piles of threads that no longer thrill you? Let us give you a few fashionable tips for figuring that out.

### Sell 'em

Sites such as Craigslist, Kijiji and eBay Canada have made it easy for regular folks to become retail mavericks. If you've got a few pieces that you picked out in a fit of passion, but never quite figured out how to flaunt, selling them to a more suitable style hunter might be the way to go.

But if you've never opened up shop on a web-based platform, it may be difficult to know how to get visitors to even give your garments a second look.

Perfectly distressed denim jeans, how I've loved you so, but it's time to let you go. ISTOCK

London-based luxury gown designer Farishta Zarify, who won the eBay Canada 2013 Entrepreneur of the Year award for her successful online store, says it's all about the visuals.

"It's online shopping, so you're taking away the experience of seeing the item in person," says Zarify, who recommends taking plenty of photographs of each garment in proper lighting and with a simple background.

"Also make sure to list all the defining characteristics like brand name, size and measurements so the customer knows exactly what they're going to get."

### Donate 'em

There's arguably no better way to feel good about saying goodbye to your garments than by giving them away to a great cause.

There are plenty of organizations across Canada that will accept your gently used clothing, including The Salvation Army and Clothesline for the Canadian Diabetes Association.

And what if spring has brought with it a brand new job and you no longer need that blazer and those flashy flats?

Turn your charitable sights to Dress for Success, a worldwide organization with locations across Canada, which helps to promote the economic independence of disadvantaged women by providing them with professional attire received via drop-off donation.

"In the process of picking out an outfit and having a conversation with a volunteer stylist, our clients are transformed," says executive director of Dress for Success's Toronto chapter, Paige Souter.

"They start to believe that the next chapter in their lives will be better than the part that they're leaving."

And if you've had a pile accumulating in your closet for ages but lack the means to lug it to your local donation box, you can pay a quick visit to donationtown.org, an online directory of charities that offer donation pick-up service.

### Rework 'em

**Welcome to the generation of DIY, where every item can be manipulated into something even more magnificent. So don't give up on that garment – it's got life in it yet! To prove this to you, we asked Alana Kumar, the Victoria, B.C.-based creator of DIY blog dreamcreate.ca, to suggest four ways to breathe new life into your wardrobe:**

- Use your scissors! Sometimes clothes have unnecessary ruffles, bows, etc. Say a prayer to the DIY gods and start having fun. Cutting ruffles can transform a girly top or dress into a much more classic silhouette, and give your piece a second chance.
- Turn a dress into a skirt. Take a maxi dress and simply tuck the top under. Now you have a new maxi skirt that you can pair with any top.
- For pieces with a few layers like a dress, try removing the top layer with a pair of scissors, sometimes the "shell" of the dress is more beautiful and simple than the original.
- For pieces with a few layers like a dress, try removing the top layer with a pair of scissors, sometimes the "shell" of the dress is more beautiful and simple than the original.

# Canadian street style

**Spotted in: Toronto**

**Name: Amanda Assing**

**Age: 32**

**Occupation: EA at Juniper Park and Open Studio contributor**

**What she's wearing:**
"This black gem of a coat I found in this little vintage store in New York. I died. It's boiled wool and collarless. Reminded we of a collarless Chanel coat and I literally wear this everyday. These pants strangely are from the Gap — the loose fit is perfect for running around on the job. Club Monaco top is classic and translates in any country. Alpaca wool scarf is a find from Kensington market and it's ridiculously warm."

**Her inspiration:**
Mash-up of Emmanuelle Alt + loose patterns prints.

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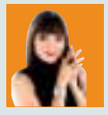

JEANNE SPACE
Jeanne Beker
life@metronews.ca

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Electric! From the get-go @Cher took the stage+ignited the crowd! Ageless+fearless , she's survival personified.

# Colour splash clothing

Squint your eyes: This selection makes Crayola crayons look drab. Yes, this spring is the season to step out in a shamelessly bold and bright ensemble.

METRO WORLD NEWS

Uniqlo cashmere crewneck sweater, $90, uniqlo.com

Topman blue crewneck T-shirt, $10, topman.com

Band of Outsiders chinos, $250, mrporter.com

Zara bomber jacket, $99, zara.com

Nike Internationalist sneakers, $132, asos.com

Paul Smith credit card case, $225, paulsmith.co.uk

Remember when harem pants were trendy in the '80s? Well, it looks like they're back in style for spring. Go online to Trends Report to see which celebs have been spotted wearing them lately and let me know: Are you glad these baggy bottoms are making a comeback?

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo: Getty Images

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# The perfect bedside companion

A bedside table is the last thing you see at night and the first thing to help you out of bed in the morning. For most of us, it's a bookshelf, lamp and clock holder, medicine cabinet and refreshment centre. Choosing the best nightstand is essential. Here are a few guidelines to getting it right

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

**Retro living: Shelving built in to the headboard takes up barely any floor space. Andes White Bed, $900, CB2.com.**

## Size it up

- For good scale, choose a nightstand that is approximately half the width of the bed
- Ideally, your nightstand should be two to four inches higher than the top of your mattress. Modern beds tend to have very low mattress heights while traditional sets are quite high. Note: Mattress heights vary from 18 inches (from floor to top of mattress) for a modern bed to as high as 36 inches for a traditional bed.
- The depth of the nightstand should be less than 24 inches, which will make getting out of bed easier.

## Function junction

- A drawer is a necessity for medications.
- Open shelves keep reading materials accessible.
- Small dressers and chests with multi-drawers are great for small spaces. One on each side of the bed can replace the storage of a regular dresser in the bedroom.
- Open legs give a lighter look to the nightstand and keep a cramped room feeling spacious.

**Perfectly modern: Hidden storage, open shelves and display make for a great bedside companion. Canadian designer Tim Antoniuk's Arctic 1 Nightstand, $630, UrbanMode.com.**

## Style savvy

- Mirrored finishes offer a transitional style and give a reflective, open feeling to a small room. If choosing a wood finish, match it to the bed or other furnishings you have in the bedroom.
- A matching nightstand on each side of the bed help create continuity. This helps to reduce the visual clutter when decorating.
- Topping a tired antique nightstand with grey marble or stone will protect and give a new look to an old treasure.
- Many of the '70s retro-inspired beds have built-in nightstands for a sleek look.

**Small space winner: A mirrored, slim-styled console dresser saves space, reflects light and offers great storage. Hayworth Console Chest, $560, Pier1.ca.**

ALL PHOTOS CONTRIBUTED

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It's a good idea to carefully consider what you want in a house first before you start looking. STEPHEN COBURN/SHUTTERSTOCK

# Understand the process

JENNIFER TAPLIN
For Metro

Buying a house can be an overwhelming financial decision.

First-time homebuyers tend to be highly educated and are quite thorough with their research by using online tools to find potential properties and calculate costs. But they aren't as confident when it comes to mortgages and the technical process of buying a house, said Terri Gibbons, with Canada Mortgage and Housing Corporation, who is based in North York, Ont.

"It is important for first-time homebuyers to determine how much they can afford before they begin the process, keeping in mind all of the upfront costs," Gibbons said. "It is recommended that first-time buyers seek out a mortgage professional and ask lots of questions and clarify their understanding along the way."

It's also a good idea to carefully consider what they want in a house first before they start looking, she added. Considerations include number of bedrooms, location, resale potential, and any renovation costs.

"It is costly to move, so these considerations are very important," Gibbons said.

When all the ducks are in a row and first-time house hunters find the right property at the right price, Winnipeg real estate lawyer Leandro Zylberman advises to take a breath before making an offer.

"When I get into the picture, it's usually after the offer has been signed and accepted," he said. "Once I get that, it's too late to make any changes."

If there are components of the offer the buyers don't understand, they can make the offer subject to lawyer approval, Zylberman advised.

This part of the process is made easier with advice of a real estate agent, who doesn't charge commission for buying a house, only for selling, Zylberman said, which is a definite perk for first-timers.

And don't forget about the closing costs, which can be more than moving and lawyer fees. Many provinces have a land or deed transfer tax that catches many first-time homebuyers unaware.

From start to finish, the homebuying journey can be a long one. According to CMHC statistics, first-time homebuyers take three months longer than repeat buyers to make their purchase. That's about 10 months total of planning.

Almost two-thirds of first-time homebuyers are younger than 35, where only 20 per cent of repeat buyers are younger than 35 years of age. A large majority, 82 per cent, of first-time buyers have a post-secondary education.

# Become interested in rates

Borrowing money to buy a home is likely going to be the biggest financial commitment you ever make. So it's important to do your research and understand what you're getting into.

Here's a quick guide.

**Interest rates**
Homebuyers have enjoyed low interest rates for a while now. "And I think they're going to hold for several more months," said Toronto mortgage broker David Smith. "By the fall, we're probably going to see 3.09 and 3.1 perhaps, and these are still extraordinary low rates and cheap money."

**Down payment**
Put down at least 20 per cent of the home price, advises Will Britton, a financial adviser in Kingston, Ont., and a member of Advocis, the Financial Advisors Association of Canada.

You will qualify for a conventional mortgage loan, which is equal to or less than 80 per cent of the lending value of the property. Otherwise, a high-ratio mortgage requires mortgage loan insurance from a provider such as Canada Mortgage and Housing Corporation, and that will cost more.

**Pre-approval**
It's important to be pre-approved for a mortgage by a bank. "Given how competitive the marketplace is, if your offer has a condition on financing, you won't win the property," Smith said.

YLVA VAN BUUREN

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MICHAEL JUNG/SHUTTERSTOCK

# LEAVE A LASTING IMPRESSION

You have just seven seconds to make a first impression. And a ready smile, neat and appropriate attire, and fresh breath, especially, are all part of making a good one.

On the other hand, bad breath (as well as being grouchy, wearing ill-fitting clothing, and playing with your hair or moustache) leaves a lasting bad impression.

Here are times when good oral hygiene and body care are especially important.

**THE COCKTAIL PARTY:** There is no way around close contact at a social gathering. You are rubbing shoulders with strangers, having quick conversations with old friends, and spotting people across the room that you would really like to meet.

**A JOB INTERVIEW:** Problems like bad breath can definitely spoil your chances in an important job interview. There is going to be a handshake and a discussion, perhaps in close vicinity.

**A FIRST DATE:** Meeting a potential partner for the first time is stressful as it is. You don't want to worry about your breath. And you certainly don't want to find out that this person takes your breath away — in a bad way.

**KARAOKE:** Sharing a stage puts you in very close quarters with another person, and if you are belting out a song together into one microphone, yikes.

** Crest Complete toothpaste fights cavities. To ensure this product is right for you, always read and follow the label.*

**THE AIRPORT:** Whether you are arriving at the airport yourself or you are picking someone up, there are going to be hugs and kisses with all the greetings.

**DINNER PARTY:** Getting together around a dinner table is what you do to have fun, and you can count on lots of hugs and kisses at the beginning and end.

VLADIMIR GJORGIEV/SHUTTERSTOCK

## BAD BREATH CAN BE A BUMMER

Research has shown halitosis is a confidence killer, and can make a person super sensitive about breath problems.

The sooner you determine if you have a problem, the sooner you can do something about it.

To find out:

- Cover your mouth and nose with your hand, and exhale. Now breathe in through your nose. Does the air smell bad?
- Watch how people react when you talk. Do they stand at a distance, or act a little odd after you speak?
- If your partner starts to avoid kissing you on the mouth, there may be an issue. But it may be their breath, too.

What to do? Improve your oral hygiene by brushing your teeth, flossing, and using a dental mouthwash, regularly. Talk to your dentist about your concerns, and be sure to always carry mints and mouthwash, too.

# REFRESHING TIPS FOR MEANINGFUL RELATIONSHIPS

You have been thinking about this moment for a while. Now the lights are low, the two of you are alone, love is definitely in the air. You lean in, close your eyes and purse your lips for that first kiss — and wait and wait.

OMG. Your date has recoiled. Was it your breath?

Bad breath is actually one of society's oldest and most troublesome social problems. Called halitosis, it can be caused by different factors, including poor oral hygiene, strong smelling foods such as fish, onion, garlic, and even coffee, smoking, and dental and health problems. It is the third most frequent reason — after cavities and periodontal disease — that people see their dentist.

Often, a relationship problem has spurred on the visit. Since sense of smell is so closely linked to your emotions, sweet smelling breath has everything to do with love, kissing and connecting — or not connecting.

### SINGLE — AND NOT LOVING IT

Bad breath is often referred to as a social life killer. In fact, in research, sufferers say it ruins their life.

Not surprisingly, single people with bad breath often have problems dating, and getting married. Furthermore, they are so anxious about their breath in social settings that they avoid face-to-face encounters and can become loners — and lonely.

Thirty-four per cent of survey participants with halitosis said their bad breath made them hesitant to speak to others.

SANTIAGO CORNEJO/SHUTTERSTOCK

If you are starting to date someone you really like who has bad breath, try some subtle hints such as eating mints after dinner, avoiding strong smelling foods, and even talking about your own oral hygiene habits.

### MARRIED — AND NOT LOVING IT EITHER

In research, sufferers say bad breath causes them to sleep separately from their spouse.

While couples who have been together for a while can be forgiving and understanding, bad breath can still be difficult to ignore, especially in the bedroom. Halitosis is often the reason behind partner rejection and marital problems.

If bad breath is ruining intimate moments, be honest but be kind. Encourage your partner to brush their teeth, floss, and rinse with a mouthwash at least twice a day. This will prevent bacteria from settling in the mouth. If there is a new chronic bad breath issue, check in with the dentist, too.

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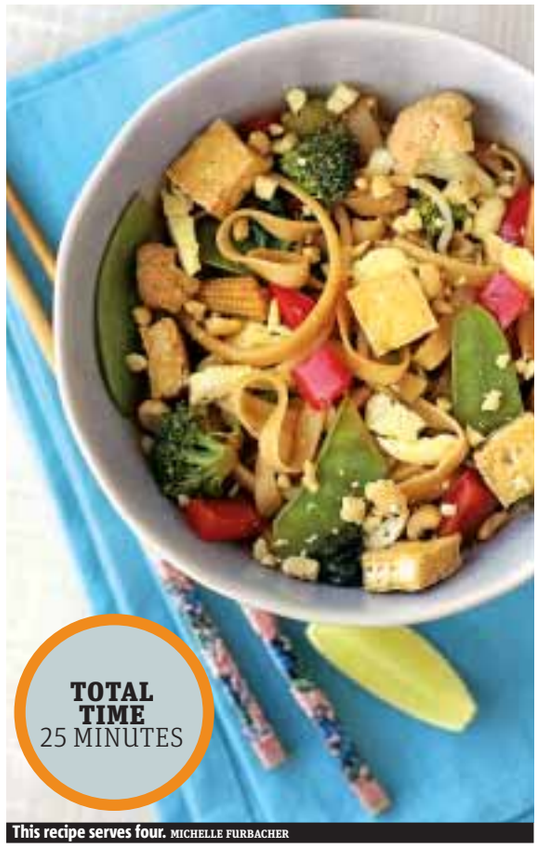
# Quintessential Thai flavours compliment veg

## Vegetable Pad Thai.

Everyone's favourite street dish from Thailand goes vegetarian




This recipe serves four. MICHELLE FURBACHER

"(Pad Thai) is a traditional national dish served all over Thailand. It's sweet and spicy with a hint of tartness thanks to the lime, and features a wide variety of vegetables," writes Linda Woolven in The All-New Vegetarian Passport.

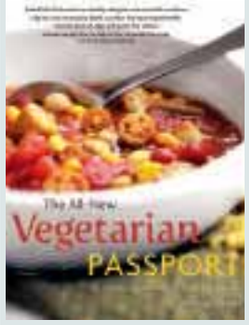
**1.** Cook the noodles according to the package instructions.

**2.** In a large frying pan, heat the oil. Add the tofu and cook, stirring, for about 7 minutes, or until slightly browned. Add the egg (if using) and cook, stirring, for about 2 minutes. Add the bok choy, bell pepper, broccoli and cauliflower and cook, stirring, for 3 to 4 minutes. Add the mung bean sprouts, snow peas, baby corn, bamboo shoots, soy sauce, rice vinegar and chili flakes and cook, stirring, for 3 to 4 minutes. Add the noodles and peanuts and heat through. Serve with lime wedges to garnish.

FROM THE ALL-NEW VEGETARIAN PASSPORT BY LINDA WOOLVEN (WHITECAP, 2013)

**Cookbook of the Week**

### Around the world




Discover the best vegetarian delicacies from all over the world without leaving your kitchen. In The All-New Vegetarian Passport, Linda Woolven exposes readers to international flavours that also help to create a healthy new relationship between your body and your plate. The book boasts 350 of Woolven's favourite recipes and is split into sections that include North Africa and The Middle East, The Mediterranean, Europe, India, Asia, Latin America and The Caribbean, North America and more. METRO

**FLASH FOOD**

From your fridge to your table in 30 minutes or less

**Ingredients**

- 6 oz (175 g) wide brown-rice Thai noodles
- 1 tbsp (15 ml) first cold pressed extra virgin olive oil
- 2 oz (60 g) extra-firm tofu, cubed
- 1 egg, beaten (optional; omit for diabetes, multiple sclerosis, rheumatoid arthritis and vegan diet)
- 2 baby bok choy, chopped
- 1 medium-size red bell pepper, diced (omit for rheumatoid arthritis )
- 1/2 cup (125 ml) broccoli florets
- 1/2 cup (125 ml) cauliflower florets
- 1 cup (250 ml) mung bean sprouts
- Handful each of snow peas, canned baby corn, drained and rinsed; canned bamboo shoots, drained and rinsed
- 3 tbsp (45 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- 1/4 tsp (1 ml) chili flakes
- 1/4 cup (60 ml) crushed unsalted peanuts
- lime wedges

The Canucks fired GM Mike Gillis on Tuesday, but there were plenty other disappointing NHL campaigns around hockey this season. Scan this image to vote on who should be the next NHL executive to hit the road.



Playoff flameouts

## Oh, Canadiens!

The Toronto Maple Leafs' playoff hopes ended on Tuesday with a 3-0 loss in Tampa Bay, leaving the Montreal Canadiens as the lone Canadian team left fighting for a Stanley Cup.

According to hockey-reference.com, the last time there was just one post-season participant from north of the border was in 1973 when, yes, the Habs topped the Chicago Blackhawks in the Stanley Cup final. METRO

The Canadiens will be Canada's only hope when the playoffs begin. GETTY IMAGES

NHL

## Chicago Sharp-er than short-handed Montreal

Patrick Sharp set up Marian Hossa's tying goal in the final minute of regulation and then got the game-winner 43 seconds into overtime to lift the Chicago Blackhawks to a 3-2 win over the Montreal Canadiens on Wednesday night.

Jeremy Morin also scored in the Blackhawks' fourth straight win overall, and their first in overtime this season after seven losses.

Sharp scored the winner on a shot from the slot that struck Montreal goalie Peter Budaj, rolled high off his equipment, ticked off the left post and landed in the net.

THE ASSOCIATED PRESS

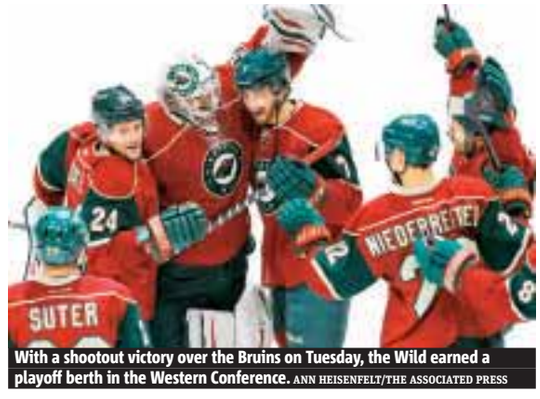
## Messi, Barca run into Atletico wall

Barcelona's Lionel Messi kicks the ball in front of Atletico Madrid players during their Champions League quarter-final second leg soccer match in Madrid, Spain, Wednesday. Koke's fifth-minute goal led Atletico to a 1-0 win, good for a 2-1 aggregate victory. Atletico, which leads Barcelona by one point in the Spanish league, reached the last four of Europe's top club competition for the first time since 1974. Also Wednesday, defending champion Bayern Munich came from behind to reach its third straight Champions League semifinal and beat Manchester United 3-1, advancing on 4-2 aggregate.

ANDRES KUDACKI/THE ASSOCIATED PRESS

# Slight change, same intense playoff race

**NHL.** Wild-card spots a product of realignment, which has also increased the emphasis on divisions



With a shootout victory over the Bruins on Tuesday, the Wild earned a playoff berth in the Western Conference. ANN HEISENFELT/THE ASSOCIATED PRESS

The NHL has gone wild. Well, for the post-season format at least.

While the change, driven by division realignment, to the qualification and seeding system was slight, the final week of the regular season has slanted a little differently than in the past.

Loosely following what other leagues — the NFL and MLB — have done for decades now, the NHL has added wild cards to the playoff pool. Post-season qualification is the same in that eight teams from each conference are included, but it has led to essentially two separate races. Competition for the top three spots in each division is one, with the leftovers jockeying for two wild cards in each conference.

The Minnesota Wild locked up the first one in the West on Tuesday, leaving the Dallas Stars and Phoenix Coyotes to scrap for the last spot. The contenders play on Sunday night to finish the regular season, with the Stars holding a two-point lead over Coyotes after a 3-1 loss to Columbus on Wednesday.

"Ideally, you'd probably like to have it wrapped up," Stars defenceman Alex Goligoski said. "It's good to have these intense games where you need to win and get points, and you need to play a certain way because that's the way the playoffs are going to be. We've just got to keep grinding away."

Detroit and Columbus are in control of the East wild cards. The Red Wings sealed theirs with a 4-3 shootout loss at Pittsburgh on Wednesday, as did the Blue Jackets with their win in Dallas.

Despite playing much of the season without several key players, the Red Wings have stretched their playoff streak to 23 straight years. A dry-erase board with team logos and the critical numbers — wins, losses and points — shows the players in their dressing room where the cut lies.

"We've done a good job to keep ourselves above the red line," goalie Jimmy Howard said. THE ASSOCIATED PRESS

4 SPORTS

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MLB

## Jays' bats blast Astros into orbit

Canadian Brett Lawrie hit his first home run of the season and Toronto starter Brandon Morrow struck out nine over six innings as the Blue Jays defeated the Houston Astros 7-3 on Wednesday night at Rogers Centre.

Lawrie belted a two-run shot off reliever Josh Zeid in the seventh inning as Toronto (5-4) earned its first series victory of the young season. Morrow (1-1) allowed five hits and three earned runs as the Blue Jays moved above the .500 mark.

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# Sharp a thorn in the Habs' side

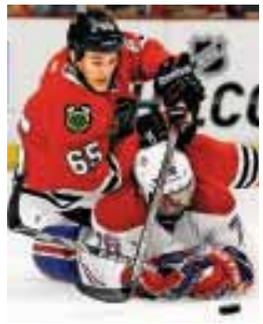
**NHL.** Blackhawks forward sets up tying goal before scoring early in overtime

Patrick Sharp set up Marian Hossa's tying goal in the final minute of regulation and then got the game-winner 43 seconds into overtime to lift the Chicago Blackhawks to a 3-2 win over the Montreal Canadiens on Wednesday night.

Jeremy Morin also scored in the Blackhawks' fourth straight win overall, and their first in overtime this season after seven losses.

Sharp scored the winner on a shot from the slot that struck Montreal goalie Peter Budaj, rolled high off his equipment, ticked off the left post and landed in the net.

Hossa had tipped in Sharp's feed from the right corner left to tie the game at 2 with 47.7 seconds left in the third period.



The Blackhawks' Andrew Shaw, top, battles the Canadiens' P.K. Subban for the puck on Wednesday.

NAM Y. HUH/THE ASSOCIATED PRESS

Corey Crawford finished with 28 saves in the Blackhawks' final regular-season home game.

Dale Weise and Francis Bouillon scored for Montreal, which snapped a two-game win streak and lost for just the third time in its last 13 games. Budaj had 25 saves.

The Canadiens were without starting goalie Carey Price and defencemen Andrei Markov and Alexei Emelin, who didn't make the trip to Chicago so they could rest for the playoffs.

Not only was their little scoring, there were only two penalties — both on Montreal — in a cautiously played game between Original Six rivals with depleted lineups.

Chicago's played its fourth game without star forwards Jonathan Toews and Patrick Kane. Both are expected to miss the remainder of the regular season, but return for the playoffs.

Earlier on Wednesday, Kane said he will be at 100 per cent for the post-season despite a brace on his injured left knee.

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## Horoscopes

### ♈ Aries
**March 21 - April 20**
The Sun in your birth sign does wonders for your confidence but there will still be times when self-belief deserts you. Keep telling yourself there is no good reason you should fear the worst, now or ever.

### ♉ Taurus
**April 21 - May 21**
This may not be an easy time of year for you but you can sense that the day will soon be here when your luck turns. Maybe that day will come sooner if you act as if nothing could possibly go wrong.

### ♊ Gemini
**May 22 - June 21**
Tone down your comments because the planets warn if you say something others consider over the top it will rebound on you in ways you had not expected.

### ♋ Cancer
**June 22 - July 23**
Think twice before volunteering to help the less fortunate through a task you know little about. Others may be wowed by your enthusiasm but they won't be so impressed if you make a mess of the job.

### ♌ Leo
**July 24 - Aug. 23**
Don't expose yourself to any kind of situation where you do not have full control over what happens. Not even your confidence will protect you from people who do not share your sense of fair play.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You seem to have a phobia about something that at other times would not worry you. It may continue for a few days but come the start of next week you'll be all smiles again.

### ♎ Libra
**Sept. 24 - Oct. 23**
Make sure you know what you are talking about today, especially if you are dealing with people who are experts. If you make claims that cannot be backed up with facts, they will make you look silly.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
For some reason you seem to believe you don't have the talent to be a success. That isn't true. Get your head straight and get on with making your mark on the world.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
You have a tendency to say things you don't believe because you enjoy seeing the looks of shock on people's faces. It may be a lot of fun, but it could backfire today.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
You can be sarcastic and the planets warn that your caustic way with words could have long-term consequences that damage others and you.

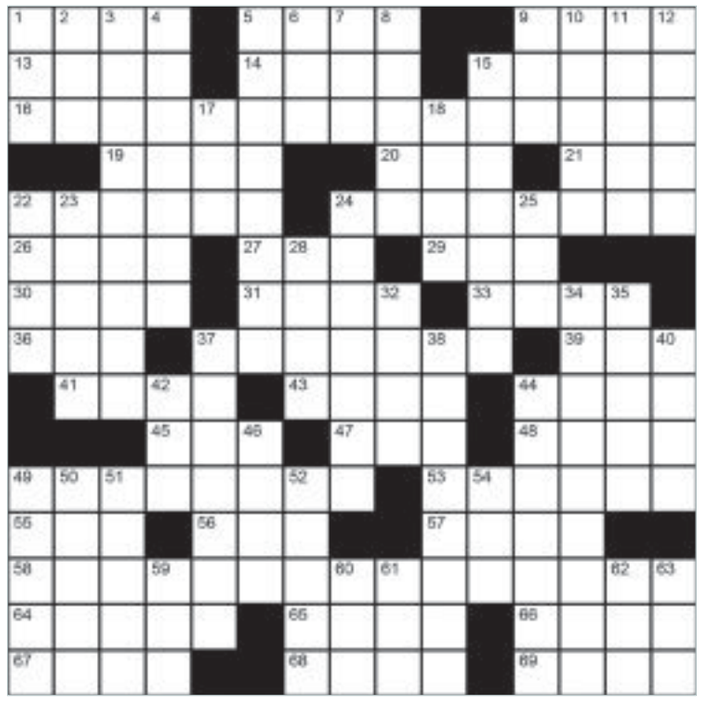
### ♒ Aquarius
**Jan. 21 - Feb. 19**
You may not get much in the way of thanks for a good deed today but that's OK. The world would be a sad place indeed if we only ever did favours for others because we expected to get something back in return.

### ♓ Pisces
**Feb. 20 - March 20**
Try not to get angry or frustrated if a goal you are aiming to reach seems to be further away than ever. Just as there is a reason for everything that happens in life so too is there a reason for everything that does not happen. **SALLY BROMPTON**

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

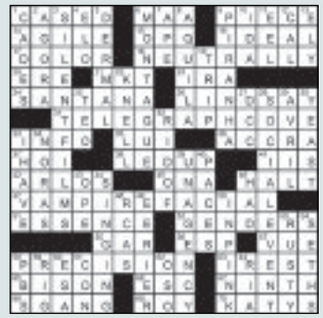
**BY KELLY ANN BUCHANAN**



**Across**
1. Niagara Falls' Maid of the __
5. Angry arfer's admonition
9. Dull
13. Wine: __ Spumante
14. Donnie Iris song: "Ah! __!"
15. Accustom
16. Toronto: The __ __ __ Theatre (Opened in 1993, it was named after a member of The Royal Family)
19. Reclined
20. Couplet
21. Antacid brand
22. House kind
24. Herb that sounds like a toast spread
26. Interest __
27. __ __ roll
29. Nero's 54
30. __-bitty
31. Newfoundland's nickname, The __
33. Broom closet items
36. "O Sole __"
37. "The Real Housewives of Beverly Hills" cast member who is Canadian producer David Foster's wife
39. Cdn. capital
41. Norway's capital
43. Rhyme scheme
44. Indebted person
45. Retro albums, e.g.
47. Spinning stat.
48. Reality's Ms. Leakes
49. Peter of HBO's "Game of Thrones"
53. About [abbr.]
55. A bus driver follows one, for short
56. Cobbler's tool
57. Switchblade
58. "Chasing the Sunset" band from Winnipeg: 2 wds.
64. Hotel employee
65. God: French
66. Mackerel sort
67. Their __ Were Watching God (1937 novel by #51-Down)
68. Chick containers
69. Trans-Canada, et al.

**Down**
1. Location locator
2. Medit. locale
3. Spikes
4. Sarah Palin impersonator: 2 wds.
5. Manitoba village, home of tourist attraction Sara the Camel
6. __ judicata (Settled court matter)
7. __ al-Khaimah, Middle East emirate
8. Valerie Harper title role
9. Genetic info carrier
10. Geometry set item
11. Field
12. Broom-of-twigs
15. "Letters from __ __" (2006) directed by Clint Eastwood
17. Spy org.
18. Roll up a flag
22. Ladylike
23. 3.14, for example
24. Ghastly
25. Lacto-__ vegetarian
28. 'The Big Easy'
32. Start to 'sack' (Hiker's bag)
34. __-Pine Falls, Manitoba
35. Office item, __ pad
37. Brand of yogurt
38. Syria's capital
40. Famed dino
42. Currency in Albania
44. Singing the right note in music: 2 wds.
46. Cut
49. Ambition
50. "Be that as __ __..."
51. Author, Zora __ Hurston
52. Wooded spot's open space
54. Greek letter
59. Some stoves
60. Fix
61 Edmonton International Airport code
62 'Trick' suffix
63. Boat's distress

### Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | 9 | 7 | | |
| | | | 2 | 4 | | 3 | | |
| 3 | 4 | 9 | | | | 1 | | |
| 5 | | | 1 | | 8 | | 9 | |
| | 9 | | | | | | 3 | |
| | 7 | | 9 | | 5 | | | 4 |
| | | 2 | | | | 6 | 7 | 3 |
| | | 3 | | 6 | 2 | | | |
| | | 8 | 5 | | | | | |

### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 5 | 7 | 3 | 6 | 8 | 4 | 9 |
| 3 | 9 | 7 | 1 | 8 | 4 | 6 | 2 | 5 |
| 8 | 6 | 4 | 2 | 9 | 5 | 7 | 3 | 1 |
| 4 | 7 | 3 | 6 | 1 | 8 | 5 | 9 | 2 |
| 5 | 8 | 9 | 3 | 4 | 2 | 1 | 7 | 6 |
| 6 | 1 | 2 | 5 | 7 | 9 | 3 | 8 | 4 |
| 2 | 3 | 1 | 4 | 6 | 7 | 9 | 5 | 8 |
| 9 | 4 | 6 | 8 | 5 | 3 | 2 | 1 | 7 |
| 7 | 5 | 8 | 9 | 2 | 1 | 4 | 6 | 3 |

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